1. A method of treating an autoimmune disease in a subject, the method comprising administering an effective amount of one or more of:

a B-cell Activating Factor (BAFF) polypeptide;

a BAFF polypeptide and an agent that promotes survival and/or migration of gut-derived commensal-reactive B cells to the central nervous system of the subject; or

a BAFF polypeptide and a gut commensal that increases IgA levels to the subject.

2. The method of claim **1**, wherein the autoimmune disease is a non-systemic organ-specific autoimmune disease.

3. The method of claim **1** or **2**, wherein the autoimmune disease is multiple sclerosis.

4. The method of any one of claims **1-3**, wherein the commensal-reactive B cells are IgA+ plasmablasts and/or plasma cells.

5. The method of any one of claims **1-4**, wherein the commensal-reactive B cells express IL-10 and/or iNOS.

6. The method of any one of claims **1-5**, wherein the agent that promotes survival and/or migration of gut-derived commensal-reactive B cells is a cytokine or a chemokine.

7. The method of any one of claims **1-5**, wherein the agent that promotes survival and/or migration of gut-derived commensal-reactive B cells is IL-10 and/or iNOS.

8. The method of any one of claims **1-7**, wherein the gut commensal is a commensal microbe.

9. The method of any one of claims **1-8**, wherein the administering an effective amount of a gut commensal comprises oral or rectal administration of a microbe or community of microbes.

10. The method of any one of claims **1-9**, wherein the gut commensal comprises *Tritrichomonas musculis* or a gut microbial community that has been modified by carriage of *Tritrichomonas musculis*.

11. A method of reducing inflammation in a subject, the method comprising administering an effective amount of one or more of:

a B-cell Activating Factor (BAFF) polypeptide;

a BAFF polypeptide and an agent that promotes survival and/or migration of gut-derived commensal-reactive B cells to the central nervous system of the subject; or

a BAFF polypeptide and a gut commensal that increases IgA levels to the subject.

12. The method of claim **11**, wherein the inflammation is reduced in the periphery of the subject.

13. The method of claim **11**, wherein the inflammation is reduced in the central nervous system.

14. The method of any one of claims **11-13**, wherein the inflammation is neuroinflammation.

15. The method of claim **14**, wherein the neuroinflammation is caused by multiple sclerosis.

16. The method of any one of claims **11-15**, wherein the commensal-reactive B cells are IgA+ plasmablasts and/or plasma cells.

17. The method of any one of claims **11-16**, wherein the commensal-reactive B cells express IL-10 and/or iNOS.

18. The method of any one of claims **11-17**, wherein the agent that promotes survival and/or migration of gut-derived commensal-reactive B cells is a cytokine or a chemokine.

19. The method of any one of claims **11-17**, wherein the agent that promotes survival and/or migration of gut-derived commensal-reactive B cells is IL-10 and/or iNOS.

20. The method of any one of claims **11-19**, wherein the gut commensal is a commensal microbe.

21. The method of any one of claims **11-20**, wherein the administering an effective amount of a gut commensal comprises oral or rectal administration of a microbe or community of microbes.

22. The method of any one of claims **11-21**, wherein the gut commensal comprises *Tritrichomonas musculis* or a gut microbial community that has been modified by carriage of *Tritrichomonas musculis*.

23. A method of enriching gut-derived commensal-reactive IgA+ plasmablasts and/or plasma cells in the central nervous system of a subject, the method comprising administering an effective amount of one or more of:

a B-cell Activating Factor (BAFF) polypeptide;

a BAFF polypeptide and an agent that promotes survival and/or migration of gut-derived commensal-reactive B cells to the central nervous system of the subject; or

a BAFF polypeptide and a gut commensal that increases IgA levels to the subject.

24. The method of claim **23**, wherein the gut-derived commensal-reactive IgA+ plasmablasts and/or plasma cells express IL-10 and/or iNOS.

25. The method of claim **23** or **24**, wherein the subject has an autoimmune disease.

26. The method of any one of claims **23-25**, wherein the subject has a non-systemic organ-specific autoimmune disease.

27. The method of claim any one of claims **23-36**, wherein the subject has multiple sclerosis.

28. The method of any one of claims **23-27**, wherein the agent that promotes survival and/or migration of gut-derived commensal-reactive B cells is a cytokine or a chemokine.

29. The method of any one of claims **23-27**, wherein the agent that promotes survival and/or migration of gut-derived commensal-reactive B cells is IL-10 and/or iNOS.

30. The method of any one of claims **23-29**, wherein the gut commensal is a commensal microbe.

31. The method of any one of claims **23-30**, wherein the administering an effective amount of a gut commensal comprises oral or rectal administration of a microbe or community of microbes.

32. The method of any one of claims **23-31**, wherein the gut commensal comprises *Tritrichomonas musculis* or a gut microbial community that has been modified by carriage of *Tritrichomonas musculis*.

33. A method of promoting survival of gut-derived commensal-reactive IgA+ plasmablasts and/or plasma cells in a subject to reduce inflammation in a tissue, the method comprising administering an effective amount of one or more of:

a B-cell Activating Factor (BAFF) polypeptide;

a BAFF polypeptide and an agent that promotes survival and/or migration of gut-derived commensal-reactive B cells to the central nervous system of the subject; or

a BAFF polypeptide and a gut commensal that increases IgA levels to the subject.

34. The method of claim **33**, wherein the gut-derived commensal-reactive IgA+ plasmablasts and/or plasma cells express IL-10 and/or iNOS.

35. The method of claim **33** or **34**, wherein the subject has an autoimmune disease.